

MAURITIUS WELLNESS FESTIVAL	DESCRIPTION & DETAILS
<p>Supplement Nature Connection Experience (4H30)</p> <p>Friday 03rd May: 5:00-9:30</p> <p>La Roche qui Pleure - Encountering the 5 Elements</p>	<p>Encountering the 5 Elements - La Roche Qui Pleure (4h30) By Danyal Lefevre</p> <p>A guided journey through the 5 Elements experienced through Awareness, various cultivation techniques (Yoga Asanas, Pranayama, Qi Gong) and connecting to the wonders of Mother Nature.</p> <p>Starting off the wind battered cliffs of La Roche Qui Pleure, taking a couple of deep breaths and attuning the body with the environment, you will be lead through a forest bath across small filaos down to Cascade Mamzelle, following the river and hopping from rock to rock, working on your inner & outer balance. Your path will lead you to the sea where Qi Gong will connect you to the infinity within and throughout, ending with a dive in an infinite pool.</p>
<p>Supplement Nature Connection Experience (4H30)</p> <p>Saturday 04th May: 14:30-19:00</p> <p>7 Cascades - Align with Nature Elements</p>	<p>7 Cascades - Align with Nature Elements (4h30) By Jeanette Fuchs</p> <p>A technical trail leads through the valley to breathtaking Chamarel Falls, the islands highest, whose rainbow spray tumbles 90 metres over a cliff face, for an unforgettable balance-focused yoga session at its base. Seven Waterfalls, often celebrated as the most beautiful hike in Mauritius.</p>
<p>Supplement Nature Connection Experience (4H30)</p> <p>Saturday 04th May: 5:00-9:30</p> <p>Chamarel, 7 Colours Earth & Fall - All Senses Awakening</p>	<p>Chamarel, Seven Colours Earth - All Senses Awakening (4h30)</p> <p>Groups 1 & 2: CHAMAREL (1) : When the Seven Colours vibrate...</p> <p>Aseema, Danyal & Almarie propose a Sunrise Journey in a unique geological site of Mauritius. A travel across the atmosphere, colours and sounds of Mother Nature, the beautiful gestures of Sun Salutation and other Yogic Asanas, the vibrations of local musical instruments and crystal bowls, and closing our morning session in stillness and silence.</p>

	<p>Group 1: CHAMAREL (2) waterfall Viewpoint: And the vibration continues across the Seven Chakras...</p> <p>Aseema offers a healing humming session along the seven main energy centers of the Being. The effects of such practice are very deep, cleansing and energizing the physical, mental and emotional bodies. In the natural decor of wild south-west Mauritius, the session ends with Mantras music, Sacred Chants from India and Tibet.</p> <p>Group 2: 15 participants maximum, high sense of balance & good physical level are required. CHAMAREL (2) : Down deep trail up to the foot of Chamarel waterfall</p> <p>Journeying from the meditation at 7 Colours Earth, each participant will be guided by Danyal down Chamarel waterfall, awakening their outer and inner senses in the process. Leading to a YogaMeditation session at the foot of the falls, with the aim of establishing oneself in one's inner balance, from which results oneness with the Nature within and throughout.</p>
<p>Supplement Nature Connection Experience (4H30)</p> <p>Saturday 04th May: 14:30-19:00</p> <p>Le Morne Brabant UNESCO Heritage - Walk to Mindfulness</p>	<p>Le Morne Brabant UNESCO Heritage - Walk to mindfulness (4h30) By Hannah Barrett</p> <p>A late afternoon nature hike leads to a grassy platform with extraordinary views over a lagoon, many hues of blue, coral gardens and enticing islands. You'll discover the unique UNESCO World Heritage of Le Morne Brabant, an imposing basalt monolith on a peninsula fringed by white sand beaches. Sacred to the islands' Creole community, its caves were once a refuge for runaway African slaves (maroons). As the golden orb of the sun sinks in the sky, it's time for a nourishing nature meditation experience with the international wellness expert Hannah Barrett. You will draw your full attention on what is around you - the earth, trees, flowers, animals, the sea, the breeze. An all sense awakening experience leaving you feeling balanced and helping you to set your life into a more natural rhythm.</p>

<p>Supplement Nature Connection Experience (4H30)</p> <p>Saturday 04th May: 5:00-9:30</p> <p>Black River Gorges - Journey Towards Your Inner-Self</p>	<p>BLACK RIVER GORGES - JOURNEY TOWARDS YOUR INNER-SELF (4h30) By Sophie Sew</p> <p>We will enjoy a meditative walk through our Black River Gorges barefeet (for those who want) and Re Connect to our body's essential needs. It's a journey with our-Selves where our senses will fully awaken. We will walk through "The Nurturing Forest"; a place where we will Re-Energize our body, mind and spirit while communicating with trees and their roots. A walk along the river will take us to a sacred space where we'll follow through with a Ritual; cleanse our body, let go of all our mental programs and Re-Set our intentions for a better life. Bring water, your swimsuit, a towel, sunscreen, paper and pen.</p>
<p>Supplement Nature Connection Experience (4H30)</p> <p>Saturday 04th May: 14:30-19:00</p> <p>UNESCO Biosphere Heritage Nature Reserve - Oneness with Nature</p>	<p>ONENESS WITH NATURE at the UNESCO Biosphere Heritage Nature Reserve (4h30) By breathing master Dominique Lonchant</p> <p>There is something glorious about wandering deep into the forest; like magic, it transports you from the stress of daily life into a strange, pleasant calm. Towering woods welcome you into their solemn space. The atmosphere changes. You're breathing new, clean air; freshly dabbed with the fragrant musk of the earth. You notice the little things; the quaint mushroom formation by the roots, the leaves that fell on the ground, the sound of birds fluttering from above. The rays of the sun slowly peek from the high-topped canopies. It's refreshing, heartwarming and whimsical; like you have been cleansed anew.</p> <p>Dominique Lonchant will guide your breath to connect it with the vibration and energy of untouched nature and make you feel the rejuvenating oneness.</p>

Includes:

- ✓ Shuttle from/to the site
- ✓ Nature Connection Experience in one of the most beautiful and preserved sites of Mauritius
- ✓ Guided deep Senses Awakening and Mindfulness session by wellness expert
- ✓ Healthy snacks and drinks

What do you need to bring:

- ✓ A towel
- ✓ A Raincoat
- ✓ A Swimsuit
- ✓ Water shoes
- ✓ Dressing code: Sportswear
- ✓ Your beautiful Body and positive open Mind
- ✓ A Mosquito Spray (Eco-friendly)